

Assistance needed for flooded families

Donations are being taken for families of the Grand Forks AFB, S.D., community who were hit by the flood there. To contribute through the American Red Cross, send checks to: Grand Forks Flood Relief, Disaster Relief Fund, American Red Cross, P.O. Box 37243, Washington D.C. 20013, or drop them off at Bldg. 975.

To contribute to the Grand Forks Chaplain Fund, make checks payable to the RAF Lakenheath Chaplain Fund, designating "GF Flood Relief." Checks must be dropped off by 4:30 p.m. May 16 or dropped in the offering plates at chapel services Saturday and Sunday. For more information, call Ext. 3711.

Blood drive

A blood drive is Thursday at the blood donor center. For more information, call Ext. 6524.

Asian-Pacific heritage

The RAF Lakenheath and RAF Mildenhall Asian-Pacific heritage committees sponsor activities from 11 a.m. - 3 p.m. Saturday at the Bob Hope Community Activity Center.

A video luncheon is from 11 a.m. - 12:30 p.m. May 19 at the Lakenheath Community Activity Center.

The Asian-Pacific Heritage luncheon is at the Lakenheath officers' club May 29.

For more information, call Ext. 2899 or 7009.

Job offer

The 48th Medical Group seeks an ultrasound technologist. For more information, call civilian personnel at 89-2987.

Boot sale

Boy Scout Troop 419 sponsors a boot sale from 10 a.m. - 2 p.m. Saturday at the rod and gun club. Cost is \$5 or £3 per car to participate. For more information, call (01842) 828465.

Genealogical association

The Genealogical Association of English-speaking Researchers in Europe sponsors a genealogy and family history conference in Mannheim, Germany, from 8 a.m. - 4:30 p.m. Saturday. For more information, call Lu Hays-Whiteworth at 0627-51942 or e-mail whit@jas-net.de.

Quarterly awards luncheon

The 48th Fighter Wing quarterly awards luncheon is at 11:30 a.m. Tuesday in the officers' club ballroom. Cost is \$7 per person. Attire is short-sleeve shirt with tie or tab for the head table and nominees and duty uniform for other attendees. Contact unit first sergeants for more information.

Girl Scouts

The Anglian Neighborhood Girl Scouts sell tea towels at the RAF Lakenheath post office. For more information, call Ext. 1675.

Ball, scholarship awards night

The 13th Masonic District sponsors its 12th annual Ball and Scholarship Awards night at 7:30 p.m. May 17 at the Liberty Club. Tickets are \$25 per person and dress is semiformal. For more information, call MSgt. Rodney Williams at 89-3587 or TSgt. Gregory Gartrell at Ext. 3224.

Red Cross

☐ The American Red Cross offers monthly CPR and first-aid classes.

☐ The Red Cross seeks volunteers to chair the summer youth program and to help chair the volunteers. They also need a newsletter publicist and emergency message volunteers.

For more information, call Ext. 1855.

Protestant men's retreat

The 1997 Protestant Men's Retreat is May 16 - 18 at Letton Hall, near Shipdham, Norfolk. Bob Reehm, career missionary to the military, is the guest speaker. For details, call Mike Pratt at (01638) 533108 or the chapel at Ext. 3711.

Wellness fair

RAF Mildenhall's health and wellness and fitness and sports centers sponsor a wellness fair from 9 a.m. - 5 p.m. today. For details, call Tenia Reyes at (01638) 547161.

Health and wellness center

The RAF Lakenheath health and wellness center sponsors the following activities:

☐ A self-care facilitator class is from 8 a.m. - noon Wednesday.

☐ A tobacco cessation class begins May 28 and runs until July 16.

☐ A health workshop is Thursdays. Topics include nutritional medicine and behavioral health.

☐ A back injury prevention class is from 2 - 3 p.m. May 20.

For more information, call Ext. 2710.

Lost, found

The 48th Security Police Squadron is responsible for lost-and-found items. For details, call Ext. 2447.

For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or e-mail chris.lawson@lakenheath.af.mil. All classes are held in the family support center unless otherwise noted.

Financial workshop

A financial workshop, mandatory for E-4s and below, is from 1 - 3:30 p.m. Monday in the conference room.

The class advises military members and their families on personal budgeting, checking account maintenance and debt management.

Marriage enrichment

A marriage enrichment class is 8:15 a.m. - 4:30 p.m. Wednesday in the conference room. The class is designed to help couples to build and strengthen their marriage. Topics include per-

sonal and family values, communication and conflict resolution.

Spouses class

A class about understanding spouses is from 6 - 8 p.m. Wednesday in the conference room. Participants must take a personality test before the class.

PCS with ease

A PCS-with-ease seminar is from 1 - 3 p.m. Thursday in the conference room. The class provides information to help ease moves.

Hearts Apart canceled

Hearts Apart has been canceled for Safety Day.

Teen life

A teen life group meets from 5 - 6 p.m. today at the youth center. The class promotes personal development and coping skills for teens. Topics include self esteem, handling relationships, dating and family communication.